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ABSTRACT

Learning about the relationship between heart rate and physical activity is an important aspect of fitness education. Use of a heart rate monitor (HRM) helps a student to understand how stretching and large muscle movements gradually increase the heart rate and blood flow, and enables students to measure their exercise heart rates and set goals for meeting the sustained target heart rate zone appropriate for their individual age and condition. The first three chapters in this guide provide essential background information about the structure and function of the heart, methods for measuring heart rate, and the use of HRMs in the classroom. The remaining chapters include lesson plans designed to stimulate student learning and motivation through the use of HRMs and directions for heart rate sports and games. All of the lessons have interdisciplinary applications, and many of them include reproducible worksheets. Each lesson includes: goals, key concepts, materials needed, a description of the activity, and helpful teaching techniques. The appendices include: instructions for using HRMs; information on meeting the National Association for Sport and Physical Education (NASPE) physical education content standards; and tips for securing funding for HRMs. (ND)

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